Floreio Workout Number 4

EQUILIBRE WORK

This time we are going to start, after a warm up, with some Equilibre work.
Equilibre (French for balance) is the art of handbalancing. I have studied this art over the last couple of years, from three different people: two good friends - Yuval Ayalon and Yuval Oz, who studied under French Equilibre master Claude Victoria, in addition to spending a week in France in the mountains training with the master himself.
We are going to do very basic handbalancing work. This is not Capoeira/floreio style handstands, and even with my Capoeira students I emphasize the need to learn the art of Equilibre in its pure form, as a crosstraining medium. Afterwards, when the base is solid, implementation work can be done into whatever field you may practice. I am a strong believer in crosstraining, as you may or not have noticed.
My students spend 50% of their handbalancing time with pointed toes, straight lower backs and looking at the floor in an effort to reach optimal technique and control, and 50% of their time implementing such work into their Floreio work - Head out, more relaxed bodies, different use of the feet, etc. If you are a Yoga practitioner and would like to take your handbalancing to the next level, I advice you to do the same. We are going to take the same proven approach here in our Floreio trainings.

HANDSTAND BODY LINE WALL DRILL

This drill is the most efficient use of your time at the start. Without too much explaining and detail, if you perform the drill correctly - you will be able to stay in Handstand, wrists VERY close to the wall (10 cm tops), if the line is not perfect, you won't be able to reach such a close position to the wall, and though, you get a self corrective practice.
Basically, stand with your back to a wall/stall bar. Put one leg after the other behind you and climb the wall slowly while moving the hands closer and closer to the wall. Try to reach the closest position you can to the wall, while flattening your lower back, extending your shoulders completely and contracting butt, abs and inner thighs. This will be extremely difficult for the ones of you with closed shoulders. Solving that problem is a big issue we will discuss in the future.
Hold for X amount of sec. Climb down.
Rest and repeat for the desired number of sets.

HANDSTAND STRAIGHTEN INTO LINE DRILL

This drill is a bit more advanced and should be used by practitioners with some free balancing handstand ability.
It will help you once again reach a better handstand line - slowly and while balancing on two hands.
Kick into a handstand against the wall, with a bit of bent knees.
Realign your upper body in preparation for the handstand, if done correctly, you will feel the feet pressing very light on the wall. (They are light? Lighter!)
From there, while holding tension in butt, abs and inner thighs, straighten into the most straight handstand you can achieve with your current body build, shoulder flexibility, etc... (it may not be very straight right now, but aspire to the best body position. Film yourself!)
Hold for time and come down. Repeat for the desired amount of sets.
The handstand line is a life time project. Try to go for the best line you can achieve TODAY. With time, and correct Floreio mobility work it will improve.

ROLE

Role is a very simple looking fluid motion. Beware of those simple motions! They always contain movement quality, control, fluidity and other traits that are more difficult to duplicate than pure strength, flexibility, etc...
The Role starts at the squat. From there shift the weight towards one foot, place you hand beside that foot and open the opposite leg to the side, slide into a wide, low sweeping motion, putting most of your weight on your hands, and finish back in the squat on the other side. Before closing into the squat there is another 'open and close' of the outer leg - like in the start.
Watch the clip. 10 times. 20. Try to see the dynamics, movement quality, ingrain the motion in your mind, and practice. A lot.
This movement will be central in further Floreio development, as it allows to gather momentum into other movements, move from point A to B and more. Also it just has a beautiful sweeping dynamics to it.

GATHERINGS

Gatherings (this is a military term in Hebrew I use to describe various forces/troops coming together to one point on the map) are somewhat of a basic strength or strength endurance exercise with some lower back, shoulder and triceps components to it.

The GATHERINGS BEGINNER VARIATIONS are:
1. From a squat, go into a frog stand, lower with control towards your head and come back for reps.
2. Exactly like number 1 only when you reach with the head to the floor, extend into headstand.
This will strengthen you and prepare you for the intermediate variations. Practice it.

The GATHERINGS - INTERMIDIATE VARIATIONS are:
1. Stage A - From a headstand, bend knees and take your heels towards you butt. Stage B - bring knees into your chest. Stage C - Bring feet to touch the floor. Reverse the order and repeat for reps.
2. The same like 1 only with straight legs the whole way. This is called Reverse Leg Lifts in Gymnastics circles. Very good antagonist work for high bridging - lower back gets a good stretch with each rep in a dynamic fashion similar to the counter stretch in Rotations Into High Bridge.

The GATHERINGS ADVANCED is:
From a headstand complete the downward phase of Gatherings - Intermediate variation 2 and from there, using the momentum created by the lifting legs, extend into a handstand. Come back down to head stand and repeat for reps. Of course you will need good freestanding Handstand ability to use this excellent exercise. Another good reason to work on your Equilibre skills.

Floreio Workout Number 4 - Beginner

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. The assisted stretching part of the Shoulder ROM and Stabilization routine only (no rotator cuff work at the start) for 1 more subsequent set

Rest 2 min

B1. Handstand Body Line Wall Drill X 10 sec X 5 sets / 45-60 sec of rest

Rest 3 min

C1. Gatherings Beginner Variations
C2. Rotations Into Low Bridge (Or the Slide Into Low Bridge and Rotations Into Arch Using The Wall combination for the same number of reps, each exercise, indicated below for the rotations)
C3. QDR Rotational Push Ups

Perform 10,8,6,4,2 reps per exercise, rest after C3 only for 75,60,45,30 second accordingly

Rest 2 min

D1. Role work, right-left-left-right-left, etc.. (In Random) as little rest as you can for 3 minutes straight. Flow around the floor. Sweat will go flying. Good stuff!

Floreio Workout Number 4 - Intermidiate

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. The assisted stretching part of the Shoulder ROM and Stabilization routine only (no rotator cuff work at the start) for 1 more subsequent set

Rest 2 min

B1. Handstand Body Line Wall Drill X 20 sec X 4 sets / 45-60 sec of rest

Rest 2 min

C1. Handstand Straighten Into Line X 30 sec of total work X 2 sets / 90 sec (try to implement the body line achived in B1 here)

Rest 3 min

C1. Gatherings Intermidiate Variations
C2. Rotations Into Low Bridge
C3. QDR Rotational Push Ups

Perform 10,8,6,6,6 reps per exercise, rest after C3 for 60,60,45,45 second accordingly

D1. Role work, right-left-left-right-left, etc.. (In Random) as little rest as you can for 5 minutes straight. Flow around the floor.

Floreio Workout Number 4 - Advanced

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. The assisted stretching part of the Shoulder ROM and Stabilization routine only (no rotator cuff work at the start) for 1 more subsequent set

Rest 2 min

B1. Handstand Body Line Wall Drill X 30 sec X 3 sets / 45 sec of rest

Rest 2 min

C1. Handstand Straighten Into Line X 45 sec of total work X 3 sets / 90 sec (try to implement the body line achived in B1 here)

Rest 3 min
C1. Gatherings Advanced
C2. Rotations Into Low Bridge Advanced
C3. QDR Rotational Push Ups Advanced

Perform 5 sets of 10 reps per exercise, rest after C3 for 45-90 seconds

D1. Role work + other Floreio movements you have down for 1 minute straight. Flow around the floor. Improvisation exercise.
Rest for 1 min and complete 3 total sets